

Creditable Homemade Breads and Grains

Recipe Name/Reference: _____

Step 1: Find the total weight in grams (1 lb. = 453.6 grams) of the whole-grain, brand, germ, or enriched flour in the recipe. If the recipe contains cereal, find the total weight of the cereal in the recipe. These should be two separate numbers (do not combine the weight of the cereal with the weight of the other ingredients).

Flour =

Cereal =

Step 2: Divide the total grams of flour in the recipe (Step 1) by 14.75 grams to determine the amount of grains/breads servings from the flour in the recipe.

Step 3: Divide the total grams of cereal in the recipe (Step 1) by 25 grams to determine the amount of grains/breads servings from cereal in the recipe.

Step 4: Add the number of grains/breads servings from flour (Step 2) and cereal (Step 3) together to determine the total number of grains/breads servings in the recipe.

- **To determine the number of ½ servings in the recipe** (for ages 1-5) **take this number** (answer from Step 4) **times 2.**
- **You may stop here if you just want to know how many bread/grain servings** (or the number of ½ servings) **in the recipe. If you need to know how many bread/grain servings are in one serving of the recipe move on to Step 5.**

Step 5: Divide the total grains/breads servings in the recipe (Step 4) by the number of servings the recipe yields (provides) to determine the number of breads/grains per serving as prepared.